

# WE WILL

## PREVENT PRESSURE ULCERS. KNOW THE FACTS. TAKE ACTION.

ISDH Long Term Care  
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*Long Term Care Newsletter  
Indiana State Department of Health*

### Pressure Ulcer Initiative

This past summer the Indiana State Department of Health (ISDH) announced a Indiana Pressure Ulcer Quality Improvement Initiative for comprehensive care facilities (nursing homes), hospitals, and home health and hospice agencies. The University of Indianapolis Center for Community and Aging is coordinating the Initiative. The ISDH would like to provide you with an update on the first phase of this initiative.

The goal of the Initiative is to prevent pressure ulcers. Participating facilities are being divided into two phases. The first phase began this month and will include 105 nursing homes and approximately 70 hospitals and home health and hospice agencies. The second phase is tentatively scheduled to begin in the summer of 2009 and will include a comparable number of participants.

Nearly 150 nursing homes applied to participate in the Initiative. 105 facilities were selected for this first phase with the remainder accepted for the second phase. The Initiative is currently accepting and reviewing applications from hospitals and home health and hospice agencies for this first phase.

The first learning sessions began this week with sessions in Indianapolis, Huntington, and Merrillville. This coming week there will be learning sessions in Batesville and Vincennes. At each session were approximately 20 participating facilities with about 100 attendees at each session. The ISDH is thrilled with the enthusiasm and interest in this Initiative and thanks each of the participants for their contributions.

#### **Overview of the Initiative**

The Institute for Healthcare Improvement Breakthrough Series Collaborative is a systematic approach to healthcare quality improvement in which organizations and providers test and measure practice innovations. Participants then share their experiences in an effort to accelerate learning and widespread implementation of best practices. More than 1000 teams from over 400 international healthcare organizations have participated in this best practice collaborative. The Indiana Initiative will utilize this collaborative approach.

#### **The Indiana Pressure Ulcer Quality Improvement Initiative**

The Indiana Pressure Ulcer Quality Improvement Initiative is comprised of over 100 nursing homes and over 70 hospitals, home care and hospices statewide who will work together for 12 months to individually

test system changes aimed at preventing and treating pressure ulcers and collectively share learning. The State's Quality Improvement Organization, Health Care Excel, an expert faculty of medical directors, wound, ostomy and continence nurses (WOCNs), and registered nurses will be available as resources to each participating facility and will be active observers of the Initiative to ensure successful implementation, evaluation and sustainability. The four main components of the Indiana Pressure Ulcer Quality Improvement Initiative are pre-work activities, learning sessions, action periods, and the outcomes congress.

**Pre-work** is the period immediately prior to Learning Session 1, October 1-28, 2008. During this time, the nursing homes, hospitals and home care, and hospice agencies have several important tasks to accomplish in order to prepare for the first learning session. Each participating facility is provided a checklist and worksheet for pre-work activities.

**Learning sessions** are the major interactive events of the Initiative. Through plenary sessions, small group discussions, and team meetings, attendees have the opportunity to:

- Learn from expert faculty and colleagues;
- Receive individual coaching and technical assistance;
- Gather knowledge on the subject matter and process improvement;
- Share experiences and collaborate on improvement plans; and
- Problem-solve barriers to improving care.

**Action periods** are the times between learning sessions. During action periods, health care teams work within their organizations to test and implement changes aimed at preventing and treating pressure ulcers. Teams share the results of their improvement efforts in team reports and also participate in shared learning through coaching calls, teleconferences, and a bi-monthly newsletter. Participation in action periods is not limited to those who attend the learning sessions. We encourage and expect the participation of other team members and supporters in the health care setting and surrounding community.

**Outcomes Congress.** In August 2009, the Initiative will share its findings and achievements at an outcomes congress that will highlight the accomplishments of the teams across health care settings and present effective models of pressure ulcer prevention, treatment and care coordination between nursing homes, hospitals, and home care & hospice.

**Schedule.** The sequence of events for the Indiana Pressure Ulcer Quality Improvement Initiative is as follows:

Pre-work: October 2008

Learning Session 1 (nursing homes): Oct 28, 29, 30 & Nov 5 & 6, 2008

Learning Session 1 (hospitals): November 12 & January (TBD)

Learning Session 1 (home health & hospice): November 4 & January (TBD)

Action Period 1: November 2008 - March 2009

Learning Session 2 (all participants): April 14, 15, 16, 29, & 30, 2009

Action Period 2: May - August 2009

Outcomes Congress (all participants): August (TBD) 2009

#### **Coming Activities.**

- An educational program will be conducted (see next item below) for residents and their families to provide information on pressure ulcer reduction.
- At least six online learning modules will be developed to provide basic prevention information on pressure ulcers. These modules will be released beginning in the spring of 2009.

## Teleconference for Residents and Families

An important component of the Indiana Pressure Ulcer Initiative is to increase awareness and knowledge about the prevention of pressure ulcers. A free education program for residents and their families on pressure ulcer prevention will be held on November 12, 2008 from 3:00 p.m. - 4:15 p.m. EST. Participants will learn the facts about pressure ulcers and how to partner with facility staff to prevent them.

The education program is part of the Indiana Pressure Ulcer Quality Improvement Initiative funded by the Indiana State Department of Health and coordinated by the University of Indianapolis Center for Community and Aging. Facilities participating in the Initiative should make arrangements allowing as many residents and their families as possible to participate in the program. While this program is part of the Initiative, residents and families from non-participating facilities or other interested organizations are also invited to participate. Educated residents and families can help make pressure ulcer prevention efforts even more effective!

In preparing for this education program, consider turning the conference call into a special event for residents and families at your nursing home! Invite key/interested staff as well. Bringing staff, residents and family members together to listen to the call can create an important sense of team and partnership.

A special [teleconference flyer](#) to give to residents and families, a [letter to send to families](#) explaining the program, and [suggestions for holding a successful conference call event and ways to promote the call](#) at your nursing home have all been developed and are attached. These documents can also be downloaded at: [www.usaindiana.org](http://www.usaindiana.org).

Participating nursing homes will receive additional guidance about the calls at the first Learning Session, which will be held in late October and early November. Other nursing homes should call Robyn Grant at 800-495-0872 by November 7 to register or for more information.



That is all for this week. Best wishes for the coming week.

Terry Whitson  
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